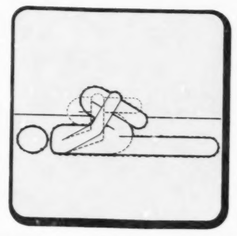
GO FOR IT!



AEROBICS

MINIMUM 20 MINUTES

6—8 MINUTES

5—8 MINUTES

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